

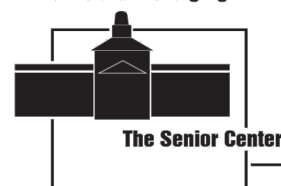
COMING OF Age

Your Center for Connection

Published Bi-Monthly
Issue #6 Volume VIII

City of Newton
Department of Senior Services

Newton Council on Aging



Newton Senior Center ■ 345 Walnut Street ■ Newtonville, MA 02460 ■ 617-796-1660 ■ www.newtonseniors.org

November - December 2015

Join us at the Newton Senior Center for the exciting return of these popular programs!

Mindful Meditation

8 Thursdays: November 5th, November 12th, November 19th, December 3rd, December 10th, December 17th, December 24th, December 31st, 8:45-9:45

This eight-week series will explore Mindful Meditation: the practice of paying compassionate attention to all that moves through us: thoughts, emotions, sensations, and conditions. The group is a supportive space to begin or continue a meditative practice. We will share silence, music, guided visualizations, body scans, muscle relaxation, focal techniques, energy exercises, mudra (hand positions), mantra (healing phrases), breath practices and meditations while sitting, standing and walking. Wear comfortable clothes, and come with a smile in your heart. Betsy Simmons is a health educator, movement & meditation teacher and spiritual caregiver at hospitals, women's domestic violence programs, prisons and community centers. She loves many forms of stillness and motion and the goodness of groups. She believes we all have the capacity to heal through mindful practices and group support.

\$2 drop-in fee per class. Register by calling the Front Desk at 617-796-1660.

Brain Wellness Lecture Series

6 Fridays: November 6th, November

13th, November 20th, December 4th, December 11th, and December 18th, 1:30-3:00 \$50

The Brain Wellness Series will familiarize participants with eight components of brain wellness, the science behind them, and how to practice them in daily life. The presenter, Yuval Malinsky, is CEO of Vigorous Mind, Inc. a Newton-based company that specializes in brain wellness for seniors. Each session will include one hour of a lecture about the relevant science and then thirty minutes of brain exercises and brain stimulating activities. One of last year's participants wrote, "I benefitted so much from the well-organized classes and your excellent delivery and I am working hard on all your ideas! I hope to live to be at least 95 and if so, I will invite you to my Birthday Party!" **\$50. Make check payable to Newton Senior Center. Include your telephone number on the check and mail to Newton Senior Center/Brain Wellness, 345 Walnut Street, Newtonville, MA 02460. Questions contact Ilana Levine at 617-796-1670.**

Mah Jongg Class

Session I: Beginner's: 6 Wednesdays: November 25th, December 2nd, December 9th, December 16th, December 23rd, December 30th, 9:30-11:30

Session II: Beginner's or Intermediate, dependent upon enrollment: 6 Tues-

days: November 24th, December 1st, December 8th, December 22nd, December 29th, January 5th, 1:30-3:30 This course, American Mah Jongg, designed for the beginner, will introduce you to the basic rules of the game. A very short time and effort is required to master the elementary principles. By the second class, students will be playing a game. Come join the fun! Your patience in mastering the fine points of Mah Jongg will be repaid many times by the keen enjoyment that is derived from this game. Martha Tomanelli has taught students at many senior centers, including ours! **\$48. Make check payable to Newton Senior Center. Include your telephone number on the check and mail to Newton Senior Center/Mah Jongg, 345 Walnut Street, Newtonville, MA 02460. Indicate either Beginner (& session preference) or Intermediate. Questions contact Ilana Levine at 617-796-1670.**

Important Message

The Newton Senior Center's basement floors are being re-done from November 2nd-13th. Programs in the Art Room and Game Room are either cancelled or moved. Please be cautious during this time. There will be several room changes and cancellations (see the calendar on p. 8-9).

Table of Contents

Notes.....	2
Programs.....	2-7
Movies.....	5

Fitness Classes.....	6
LGBT Programs.....	7
Calendar.....	8-9
With Gratitude.....	10

Parks and Recreation.....	10
Upper Falls and South Side Senior Groups.....	10
Health and Wellness.....	11

Tuesday, November 3rd:
Veteran's Center is moved to City Hall.

Tuesday, December 1st, 5:30-8:00 p.m.
Newton Senior Center, 345 Walnut Street, Newtonville

Veterans and their families are welcome to come and socialize with fellow veterans, enjoy some refreshments and get information about benefits, healthcare, employment and housing.

Join us for a Veteran's Day celebration at the Post 440 on November 11th at 11:11 a.m. Questions contact Seth Bai at 617-796-1092.

Genealogy: Researching your Ancestors

Wednesday, November 18th, 1-2pm

There are many resources available to you in your hunt for your ancestors. Did you know reference books and other research materials can save you time? What about local resources? How much is in hard copy and how much research can you do from your computer? What can you find online to research individuals? This class, offered by the Newton Free Library, will help answer these questions. **Register with the Front Desk at 617-796- 1660. Free.**

Facebook 101

Tuesday, November 17th, 1-2pm

Do you not have a Facebook, or do you have one but don't really know how to use it? This class, offered by the Newton Free Library, will go over Facebook basics to help you get started connecting with family and friends online. Space is limited to 14 people. **Register with the Front Desk at 617-796-1660. Free.**

MBTA Senior Charlie Card Event

Wednesday, December 2nd, 2:00-3:00 p.m.

Save yourself the trip to Downtown Crossing! Applicants must be 65 (or turning 65 within two months); bring a photo ID that includes a birthdate. Senior Center staff will take your picture and send it with the application to the MBTA. **Please allow 4-6 weeks for your Senior Charlie Card to be mailed to you. No registration required.**

Senior Center Notes

Alderman Constituent Hours at the Newton Senior Center

Alderman Vicki Danberg (Ward 6)

Wednesdays, November 18th and December 16th, 10-11am

Alderman Emily Norton (Ward 2)

Fridays November 20th and December 18th, 9:00-10:00 a.m.

Dialogue with the Director

Join Jayne Colino, Director of Senior Services, for an informal discussion at the following times:

Friday, November 20th and Friday, December 18th, 12-1pm

Senior Center Meals Lunch Monday-Friday, 11:45 a.m.

To reserve call 617-796-1660 by 11:00 a.m. the previous day. A voluntary donation of \$2.00 is suggested per meal. *Springwell makes these lunches possible.*

Holiday Closures The Newton Senior Center will be closed on Wednesday, November 11th for Veteran's Day, Thursday, November 26th for Thanksgiving, and Friday, December 25th for Christmas. We close at 1pm on November 25th.

Disclaimer We thank the advertisers featured in this newsletter for their support. They make the printing of the *Coming of Age* possible. The Center does not specifically endorse any service or product advertised herein.

Election Day Notice The Newton Senior Center is a voting location for the General Election on Tuesday, November 3rd. Programs that take place on the main level, including fitness classes, will be cancelled on this day. **Please vote!**



Support Group

Caregiver Support Group

Tuesday, November 10th and Tuesday, December 15th, 1:30-3:00 p.m. (first half hour Meet & Greet)

Open to all family caregivers of seniors. Learn from and share with other participants who are caring for an elderly family member. The goals of the group are to provide each other with support, learn about resources, and share ideas.

Register with Case Manager Emily Kuhl at 617-796-1672. Free.

Clutter Support Group

Fridays, November 13th and December 11th, 2:30-3:30 p.m.

Come get support from others while learning strategies for de-cluttering. This program is offered by Newton Human Services and Riverside Community Care. **For more information contact Patty Underwood at 617-969-4925.**

How do I Register for a Program?

Programs without a fee: Call the Front Desk at 617-796-1660.

Programs with a fee: mail a check (separate checks for separate programs), payable to the Newton Senior Center, to:
Newton Senior Center/ [Name of Program]
345 Walnut Street
Newtonville, MA 02460

Be sure to include the following information on the check:

1. The name of the program you are registering for
2. Your telephone number

Reflections on Poetry and Life: a poetry reading, appreciation, & writing workshop

6 Tuesdays: November 3rd, 10th, 17th, 24th, December 1st, 8th, 12:30-2:00 p.m.

Poetry is perceived by many as an esoteric and inaccessible art form. It doesn't have to be that way! In this six-session workshop we will read poetry together for learning & enjoyment, and as a gateway for reflecting upon our lives, current and past. We will read works of Robert Frost, Edna St. Vincent Millay, Mary Oliver, W.S. Merwin, John Keats, Jane Kenyon, ee cummings, Basho, and others. We will engage in simple writing exercises linking the poetry we have read to our own life experiences. No previous experience with poetry is required. Led by Volunteer Marcia Felth. **Free. Register with the Front Desk at 617-796-1660.**

Diabetes Self-Management

6 Thursdays: November 5th, November 12th, November 19th, December 3rd, December 10th, December 17th, 10:00 a.m.-12:30 p.m.

This workshop is for people with diabetes, pre-diabetes, or for people living with or caring for someone with diabetes. You will learn how to care for yourself and to prevent or delay the complications of diabetes. The emphasis is on healthy eating, meal planning, and physical exercise. Other topics include blood sugar monitoring and dealing with low blood sugar, foot care, how to deal with difficult emotions, stress, and depression, relaxation techniques, how to communicate better with your doctor, family and friends, keeping track of medications, and planning for the future. This program is brought to you by Springwell and is funded in part by a grant from the Tufts Health Plan Foundation, the Massachusetts Executive Office of Elder Affairs and the U.S. Administration for Community Living.

Space is limited to 16 people. **Register with the Front Desk at 617-796-1660. Free.**

Community Shredding Day

Saturday, November 7th

9:00 a.m.-12:00 p.m.

Do you have old bank statements or other papers that need to be shredded? Come to the Newton Senior Center parking lot to dispose of up to two large boxes or eight grocery bags of materials. Items must be dropped off on this day. Drive through the parking lot, entering on Walnut Place. Staples may be left in documents. You may watch your documents being shredded. **\$5 donation requested. No registration required. Questions contact Ilana Levine at 617-796-1670 or ilevine@newtonma.gov**

Living and Aging in Newton Library Series

Monday, November 9th, 7:00-8:30 p.m. **Newton Free Library, 330 Homer St.**

The Newton Department of Senior Services and the Newton Free Library cosponsor an Annual Library Series that features expert panelists on current topics. November's theme is Transportation for Seniors in Newton. Open to all. **No registration required. Questions contact Ilana Levine at 617-796-1670 or ilevine@newtonma.gov**

Self-Defense for Seniors

4 Tuesdays: November 10th, 17th, 24th, and December 1st, 3-6pm

This course, taught by the Newton Police, is taught in a relaxed environment and offers awareness and defense strategies for problems unique to older adults. Our program also includes physical defense workouts for technique development, and educational components to assist with the development of defensive strategies. **Register with the Front Desk at 617-796-1660. Free.**

Murder by the Book Club

Thursdays: November 12th and December 10th, 10:00-11:00 a.m., **Newton Free Library,**

third floor Rear Arc

The Mystery Book Club, co-sponsored with the Newton Free Library, meets each month to discuss books with a mystery theme. This month the group will discuss *The Murder of Rodger Ackroyd* by Agatha Christie. Led by Library staffer Kathleen Hennrikus at khennrikus@minilib.net. **No pre-registration required. Questions contact Kathleen at 617-796-1360.**

AARP Smart Driver

Program

Monday, November 16th, 10:30 a.m. to 3:30 p.m.

The Newton Senior Center is proud to host the AARP Smart Driver Program. AARP has offered safety refresher courses since 1979 to more than 11 million graduates. The aim is for older drivers to better understand the updated technologies in new vehicles, provide a refresher on the rules of the road, and learn strategies to compensate for age-related challenges in vision, hearing, or response time. There is no test to take and no actual driving, and a certificate of completion will be awarded to each participant. Please bring your lunch. Students must attend the entire class. Space is limited to 12 participants. **\$15 for AARP members (include your member ID on check) and \$20 for non-AARP members. Make check payable to AARP. Include your telephone number on the check and mail to Newton Senior Center/AARP Smart Driver, 345 Walnut Street, Newtonville, MA 02460. Questions contact Ilana Levine at 617-796-1670.**

Shrink your Drink

Tuesday, November 17th, 2:30-3:30 p.m.

While several effective strategies for reducing caloric intake include smaller portion sizes, limiting fried foods, and decreasing sugar intake, did you know that choosing zero to low calorie beverages can be another way to reduce significant calories in your diet? Belinda Lazzaro is a Registered Dietician with over 10 years experience in health care, nutrition counseling, medical nutrition therapy, and public speaking. Space is limited to 16 people. **Register with the Front Desk at 617-796-1660. Free**, thanks to the sponsorship of Newton Health Care Center.

MetroWest Legal Clinic

Wednesday, November 18th, 9:00 a.m.-noon

An attorney from MetroWest Legal Clinic will offer free legal advice at the Senior Center. Legal assistance is available in the following areas: housing, social security income, government benefits, consumer issues, debt collection, and estate planning documents. This program is sponsored by a grant from Springwell. **Appointments are required; call 617-796-1660 to schedule a 15-minute appointment.** The Front Desk will make a reminder call two days prior to your appointment; call us back to confirm your appointment or it will be cancelled. You may also call MetroWest Legal Services directly. Call 1 -800-696-1501 for an intake.

Shopping Rights: Protecting your Money in Today's Consumer Marketplace

Wednesday, November 18th, 2:30-3:30 p.m.

The MA Office of Consumer Affairs and Business Regulation will discuss sales, pricing, miss-matched merchandise, bait and switch, rainchecks, layaway plans, restocking fees, war-

ranties (expressed and implied) and your rights as a consumer, including contracting for goods and services. Julian Smith works at the Office of Consumer Affairs and Business Regulation as the Consumer Research and Programs Manager. At the Office, he assists with oversight of the consumer hotline, manages consumer outreach events and office surveys and projects, and advises the Undersecretary on consumer policy. **Register with the Front Desk at 617-796-1660. Free.**

Question, Persuade, Refer: Suicide Prevention Training

Wednesday, December 2nd, 12:30-2:30

QPR is a simple, educational program that teaches ordinary citizens how to recognize a mental health emergency and how to get a person at risk the help they need. Participants will learn how to recognize the warning signs of suicide, offer hope, get help, and refer. *Newton Cares: Coalition for Suicide Prevention and Mental Health* is offering this special session for Newton seniors. **Register with the Front Desk at 617-796-1660. Free.**

Oil Painting Workshop-WAITING LIST ONLY

3 Thursdays: December 3rd, 10th, 17th, 9:00 a.m.-noon, \$50

This class will be offered again in January.

Osteoarthritis: Protecting Your Joints

Wednesday, December 9th, 2:30-3:30 p.m.

Learn all you need to know about osteoarthritis, including adaptive equipment, joint protection, braces and exercises. This talk is presented by Anita Thompson, PT, Physical Therapist, Helen Anzick, OTR/L, Occupational Therapist, and Dr. Dana Kotler, M.D., a Doctor of Physical Medicine, specializing in sports med-

icine, practicing at both Spaulding Outpatient Center Wellesley and Newton-Wellesley Hospital. **Register with the Front Desk at 617-796-1660. Free.**

Tiger's Loft Lunch

Tuesday, December 22nd, 12:15-1:30 p.m., **Newton North High School's Tiger's Loft restaurant**

Enjoy an amazing meal at Newton North High School's restaurant *The Tiger's Loft*, prepared by students in the culinary arts program.

Note your entrée choice of baked stuffed shrimp or roasted sirloin. A shuttle will be provided between the Lowell Ave parking lot and the entrance to Tiger's Loft from 11:45 to 2:00. Space is limited to 16 people. **\$5. Make check payable to Newton Senior Center and mail to: Newton Senior Center/Tiger's Loft, 345 Walnut St, Newtonville, MA 02460. Include your telephone number on the check and your entrée choice. Questions contact Ilana Levine at 617-796-1670.**

How to Prevent Identity Theft

Wednesday, December 23rd, 2:00-3:00 p.m.

Join us for a talk by the Metro Credit Union on how to avoid identity theft. Topics discussed will include the types of identity theft, how criminals access your information, recommended precautions, whom you should give your personal information to (and who you shouldn't!), warning signs that you may be a victim of identity theft, and what to do if you are a victim. Ela Bica is the Branch Manager at Metro Credit Union, a not-for-profit organization in Newton, MA. Ela has worked for Bank of America, Santander, Citizen's Bank, Citibank, and for the past three years, Metro Credit Union. **Register with the Front Desk at 617-796-1660. Free.**



Hearing Screening

Hearing Screening

Tuesday, November 3rd and Tuesday, December 1st, 11:00am-noon

Attend a 15-minute hearing awareness presentation followed by a 5-minute screening with a licensed Audiologist from the West Newton Hearing Center. If you already have hearing aids, they can clean and check them and replace the batteries. Registration required. Attendance at 11:00-11:15 presentation required for

a hearing screening. **Call the Front Desk at 617-796-1660 to make a 5-minute appointment. Free.**

Low Vision Group

Monday, November 2nd, and Monday December 7th, 1:00-2:30 p.m.

All are welcome to attend this monthly group, sponsored by the Mass. Association for the Blind and Vision Impaired. **For questions or more information, please contact Laurie Werle at 617-926 -4268.**

Support Groups

Parkinson's Support Group

Monday, November 30th and Monday, December 28th, 10:30-11:30 a.m.

People with Parkinson's Disease, caregivers and family members are all invited to attend. This is a forum to share experiences and learn from one another. Facilitated by James Demicco, retired primary care M.D. with a 10 year history of Parkinson's.

Movie Matinee 1:00 P.M. ON WEDNESDAYS

November 4th

Elsa & Fred. 2014. PG-13. 97 mins. This is the story of two people who, at the end of the road, discover that it's never too late to love. After losing his wife, Fred (Christopher Plummer) feels disturbed, confused and alone, so his daughter (Marcia Gay Harden) helps move him into a small apartment where he meets Elsa

(Shirley Maclaine). From that moment on, everything changes.

December 2nd

Non-Stop. 2014. PG-13. 107 mins. On a commercial flight at 40,000 feet, federal air marshal Bill Marks (Liam Neeson) starts receiving text messages from a threatening blackmailer who claims he's on the airplane too.

December 30th

Wild. 2014. R. 115 mins. Undone by a broken marriage and her mother's death, Cheryl Strayed (Reese Witherspoon) has been on a years-long reckless tear. In a bid to save her life, she decides to hike the entire Pacific Crest Trail -- alone and with no experience.



MORE PROGRAMS

Short Story

Discussion Group

Thursdays, November 19th and December 31st, 10:30 - 11:30 a.m. This monthly group discusses one selected story. Copies of the next short story can be picked up at our reception desk. Facilitated by Ditta Lowy. Free.

Parties and Performances

Happy Holiday Celebration

Wednesday, December 16th, 1:00-2:00 p.m.

Come to our Annual Holiday Party and enjoy a "A Tribute to the Greatest Generation" performed by Jim Porcella. He will play music by Frank Sinatra, Tony Bennett, Nat King Cole, Louis Armstrong, Bobby Darin, Glen Miller, Harry James, Jim Dorsey, not to mention holiday classics! **Register with the Front Desk at 617-796-1660.** This program is **free**, thanks to the generous sponsorship of Home Instead.



Holiday Sing-Along

Friday, December 23rd, 10:30-11:30 a.m.

Join the Chamber Ensemble for a holiday sing-along, followed by light refreshments!

No pre-registration required.



Book Club

Fridays, November 20th and December 11th, 10:00 – 11:30 a.m. In November we will discuss *The Invention of Wings* by Sue Monk Kidd. In December, we will discuss *Purple Hibiscus* by Chimamanda Ngozi Adichie. All are welcome! Free.

Birthday Partys!

Tuesdays, November 17th and December 15th, noon. Come celebrate November and December birthdays! Enjoy cake and good cheer! All are welcome. Sponsored by Newton Health Care Center. If your birthday falls in these months, register at the front desk, 617-796 -1660, so we can share a small gift. Free.

Thanksgiving Day Dinner

Thursday, November 26th, 10:00 a.m.-2:00pm

Members of the senior community are invited to join us for a Thanksgiving Day lunch featuring entertainment by sing-along performer Mel Still-er. Seniors who find themselves far from family and friends are invited to **pre-register with Ilana Levine at 617-796-1670.** Space is limited. Transportation is provided through our yellow voucher system. This event is open to Newton seniors only.

New Year's Day Celebration

Thursday, December 31st

Noon-1:00 p.m.

Let's "ring in the new year" with Chinese food! Springwell's lunch is cancelled today; instead, we will enjoy all of the classic Chinese dishes: lo mein, fried rice, and even a surprise dessert! **Register with the Front Desk at 617-796-1660. Free.**

Fitness Classes: All are welcome! \$2 donation paid in each class unless otherwise noted. Drop in!
*\$3 class, °registration required

Mondays

8:45 a.m. Tai Chi*
10:00 a.m. Zumba Gold
11:00 Ageless Grace
12:45 p.m. Beyond
Balance°
2:00 p.m. Yoga: chair
4:00 p.m. Nia

Tuesdays

9:00 a.m. Muscles &
Movement
10:30 a.m. Shimmy &
Strength

Wednesdays

10:45 a.m. Beyond
Balance°
12:00 p.m. Zumba Gold

Thursdays

10:00 a.m. Beg. Tai Chi*
Sponsored in part by Wingate
11:00 a.m. Tong Ren
11:45 a.m. Tai Chi*
1:00 p.m. Yoga: chair
2:00 p.m. Yoga: mats
(mats provided)

Fridays

9:00 a.m. Muscles &
Movement
10:30 a.m. Shimmy &
Strength

Beyond Balance, \$50 for a discrete 8-week session; \$60 for 8 “flex” classes within 3 month-period; \$10 one-time drop-in
Mondays, 12:45 - 1:45 p.m.

Current Session (1 session left) Nov 2

New session: Nov 9, Nov 16, Nov 23, Nov 30, Dec 7, Dec 14, Dec 21, Jan 4 (no class December 28)

Wednesdays, 10:45 - 11:45 a.m.

Current Session (8 sessions left) Oct 21, Oct 28, Nov 4, Nov 18, Dec 2, Dec 9, Dec 16, Jan 6

New Session: Jan 13, Jan 20, Jan 27, Feb 3, Feb 10, Feb 17, Feb 24, Mar 2

Fitness Class Program Descriptions

Ageless Grace

Instructor: Mary Stevenson

Ageless Grace is a fitness and wellness program performed primarily while sitting in a chair. Although it is beneficial for everyone, this program is particularly good for those with limited mobility or strength.

Beyond Balance

Instructor: Robin Resnick

Beyond Balance is a strength training class that targets all the major muscles in the body. In addition, there is a focus on exercises that enhance balance and core (abdominal) work.

Muscles and Movement

Instructor: YMCA instructor

An hour-long strength and cardio workout, including warm-up and cool-down.

Nia

Instructor: Mary Stevenson

Find out what everyone’s talking about! Nia a full body workout that promotes flexibility, stability, and strength. Combining movements and concepts from yoga, tai chi, aikido, jazz and other movement forms, Nia offers traditional fitness benefits and relaxation. Led by Mary Stevenson, certified instructor. All are welcome!

Shimmy and Strength

Instructor: YMCA instructor

An hour-long strength and dance workout: dance in the first half, strength in the second half.

Tai Chi

Instructor: Aaron Crawford

Tai chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. It is low impact and puts

minimal stress on muscles and joints.

Tong Ren

Instructor: Aaron Crawford

Tong Ren is a powerful healing energy treatment used to help people restore their health. It is based on the principle that many diseases are caused by physical blockages that interrupt the body’s natural flow of “chi.”

Yoga

Instructor: Steffi Shapiro

These yoga classes place an emphasis on gradual stretching at your own pace, without stress or strain and integrating what is learned into a daily holistic lifestyle.

Zumba Gold

Instructor: Mary Stevenson

A dance inspired workout for the young at heart! An hour-long cardio program set to upbeat Latin tunes.

Art Classes:

Check out new Oil Painting and Watercolor classes on page 3 of this newsletter!

Ceramics, \$50 for an 8-week session

Thursdays, 12:30 - 2:00 p.m.

Current session: (7 sessions left) Nov 19, Dec 3, Dec 10, Dec 17, Dec 24, December 31, Jan 7

New session: Jan 14, Jan 21, Jan 28, Feb 4, Feb 11, Feb 18, Feb 25, March 3

Create 3D platters and sculptures or glaze molded pieces. Table top wheel and slab roller now available. Instructed by Bet Lee.

Registration required and spots limited; call 617-796-1670. Payment is required to reserve a spot.

Drawing and Painting! Open Studio,

Free

Wednesdays, 9:30 - 11:30 a.m.

All are welcome to use the art room and work with fellow artists in our well-lit space. Local artist David Wenstrom offers instruction and guidance.



Community Groups

LGBT Programming

Tuesday, November 24th, and Tuesday, December 22nd, 6:30 p.m.

We'll enjoy dinner and conversation at these monthly gatherings. \$6. **RSVP to Ilana Levine 617-796-1670 or ilevine@newtonma.gov**



Would you like to be added to the email list so that you are notified of monthly gatherings? Contact Ilana at ilevine@newtonma.gov

Newton Men's Club

Second Thursday of the month at 9:30am November 12th and December 10th, Johnny's Luncheonette, 30 Langley Road, Newton Centre

Theatre Workshop

Fourth Thursday of the month at 10:00am **November 19th (note date change due to Thanksgiving)** and December 24th, Newton Senior Center



Enjoy good conversation--all retired and semi-retired men are welcome! This club gives you the opportunity to meet with men with similar interests and backgrounds and others with varied interests and vastly differing backgrounds, but all will have an interesting story to tell.

Theatre Workshop

Held every Monday at 10:00 a.m. at the Newton Senior Center. Work with monologues, scene studies and try some improvisation. No prior experience needed. Come to explore acting, theatre, and plays in a supportive atmosphere. All are welcome, at any time! Free.

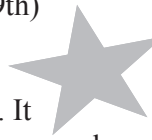


More Opportunities

Mindfulness Class for LGBT Seniors

8 Tuesdays: November 10th, 17th, 24th, December 1st, 8th, 15th, 22nd, January 4th, 4:00-6:00 p.m., Newton Senior Center (and half-day retreat on December 19th)

This particular section of Mindfulness Based Stress Reduction (MBSR) is a program for lesbian, gay, bisexual and transgender older adults. It is an eight-week course designed to transform your relationship with stress, improve your health, and increase enjoyment of life. Participants will learn relaxation methods, meditation and gentle yoga, which can be done in a chair. This course is free but pre-registration is required. This program is facilitated by The LGBT Aging Project and funded by Tufts Health Plan Foundation and sponsored by Newton Senior Services. **For more information or to register, contact Bob Linscott at 857-313-6578 or email BLinscott@fenwayhealth.org. There will be an informational session at the Newton Senior Center to answer any questions on Friday, November 6th, 2:00-3:00 p.m.; register with Bob Linscott at 857-313-6578.**



Museum of Fine Arts Passes

The Museum of Fine Arts has provided the Newton Senior Center with 25 complimentary passes, valid through June 2016. Contact the Newton Senior Center by November 13th to enter the lottery for the passes.

Rules for passes:

- The lottery will be drawn after November 13th and winners will be notified by telephone.
- Winners receive one pass.
- Passes cannot be mailed to winners. They must be picked up during the Newton Senior Center's regular operating hours.

- All passes must be picked up during the year 2015. Any pass not picked up by December 31st, 2015 will be given to someone on the waiting list.
- Senior passes must be used by someone 60+.

Call the Front Desk at 617-796-1660 to enter the lottery for an MFA pass.

Newton Lodge of Elks Annual Thanksgiving Meal for our Senior Citizens



Sunday, November 22nd, 11:30 a.m.

Newton Lodge of Elks, 429 Centre St, Newton

It gives us great pleasure to prepare a Thanksgiving feast for the senior citizens of Newton and Watertown. Please join us for some great food prepared by Lodge members and music by DJ "Richard Hartford." Transportation provided by Senior Services "Yellow Voucher" program. **For questions contact Joann at joann.coppi@sodexo.com or 781-718-9596.**

Solar for your Home

The Newton Solar Challenge is part of Green Newton, the 25 year old environmental group. We help homeowners see if solar panels are right for them. Approximately 400 homes in Newton have solar arrays, saving homeowners money on electricity and making Newton a more sustainable community. With the tax credits, discounts for the equipment and rebates, not to mention the increasing cost of electricity, solar panel are very affordable. We also have a special solar loan available through Village Bank. The program ends December 31st. Check it out! Go to <http://newtonsolarchallenge.com>, email or call Jay Walter at entasis@rcn.com or 617-527-8383.

With Gratitude

In thanks to the Senior Center from Helen Williamson • Ena Lorant made a generous donation to the Newton Senior Center in honor of Jayne Colino's special birthday • Bea Carp made a donation in honor of Vera Wood's special birthday

Upper Falls and South Side Senior Groups

Anita Sheehan hosts two groups for older adults at Parks and Recreation buildings, one in Newton Upper Falls at the Emerson Center, 54 Pettee St. and the other on the South Side at the Shuman Center, 675 Saw Mill Brook Parkway. Meet new people in these neighborhoods. All seniors are welcome!

Upper Falls: Wednesdays, 10:00-11:30 a.m.

Bingo: November 11th, November 18th, December 16th *Left, Right, Center dice game:* December 2nd Entertainment: *Honkey Tonk Man:* November 4th Entertainment: *Diane Ellis:* December 9th

South Side: Thursdays, 9:30-11:00 a.m.

Bingo: November 12th, November 19th, December 10th, December 17th *Left, Right Center dice game:* November 5th, December 3rd
No events November 25th-26th and December 23rd-December 30th

From the Newton-Brookline Consumer Office

LATEST NEWS ABOUT YOUR LANDLINE TELEPHONE SERVICE

Representatives of The Massachusetts Department of Telecommunications and Cable (DTC) presented a program at the Senior Center to explain how landline service has been changing and how it can affect Massachusetts consumers.

Verizon is upgrading their original copper network by converting to a fiber-based network. Prior to the installation, consumers should request continuation of their regulated landline telephone service. Otherwise, unregulated digital voice service will be installed. Verizon continues to have the obligation to provide Massachusetts regulated landline telephone service customers with the following consumer protections: 1) In households where all residents are 65 years or older, consumers should notify Verizon to request "over 65" protection from service suspension. 2) Such households are entitled to unlimited free local directory assistance calls (411). Other households are only allowed 10 such free calls per month. 3) All consumers are entitled to protection from service suspension of up to 90 days due to serious illness by providing a doctor's note. 4) All consumers are entitled to a payment plan of up to 8 months. Be aware that all fiber-based network phones activate a battery to continue service during a power outage. These batteries are installed by Verizon when the network is changed. House alarms, medical equipment or medical alert devices connected to your telephone line may not be compatible with the fiber-based network. Consumers should check with these service suppliers. When you are notified by Verizon that your services is to be upgraded to fiber, before responding, we suggest you CONTACT THE DTC'S CONSUMER DIVISION 800-392-6066 to be informed about how to keep your consumer protections.

Mim Cole and Judy Zohn, Co-Directors, Newton-Brookline Consumer Office

City of Newton Parks and Recreation 55 and over programs

Bowling League: Nothing sounds better than a strike! Bowling is a great indoor sport that provides exercise, camaraderie and fun. We can't think of a better way to start each week. Join us on Mondays at Lanes & Games in Cambridge. Play begins at 9:30 am; cost is \$15 per week and includes strings, shoes and prize money. Let's have a ball!

Ballroom and Line Dance Social: Line dancing will lift your spirits and release tension. It is a replenishing activity that gives you energy. During a 1-1/2 to 2 hour line dance session, one can do as many as 3,000 steps, which translates into about 750-800 calories burned. In fact, it burns as many calories as walking, swimming or bicycling! Join us at the Post 440 on Thursdays from 1:00-3:30 PM.

Dance & Wellness: Multiple dance classes are available throughout the year to keep folks happy, active and fit. Classes include; Jazzercise, Scottish Country Dance, Line Dance, Tap Dance and Zumba. Our walking group meets Tuesday through Friday, 7:00 AM. Indoor Pickleball at the Hawthorne gym, Thursdays 10-11 AM. All programs require registration.

Crafts & Cards: Join us for cards and cribbage in beautiful Nordic Hall at the Scandinavian Living Center. Card games include; GOLF, Pay Me and Cribbage. Coffee, cards & goodies provided. Cribbage every Monday 10-4, Cards Thursdays 10:30-11:30AM. Crafts are available on Wednesday afternoons at the Albemarle Fieldhouse. Call for more information and registration.

Registration is required for all activities

Call 617-796-1506

Don't Wait Until It's Too Late!

Medicare's Open Enrollment Period
October 15th – December 7th



Medicare plans change every year! This is the time to decide on your coverage for 2016. **SHINE Can Help!** SHINE counselors provide free Medicare counseling. **Call the Newton Senior Center (617-796-1660) for a SHINE appointment now!**

Or

For assistance from a Medicare customer service representative

24 hours/day, 7 days/week, call **1-800-**

MEDICARE

For SHINE related matters (other than an appointment), call **1-800-AGE-INFO (1-800-243-4636)**, then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will return your call within 2 days.

Winter is right around the corner! How do you stay safe in the winter? Here are a few tips to keep you happy, healthy and safe in the chilly weather.

Bundle up to avoid hypothermia- Be sure to dress in layers in the cold weather to prevent loss of body heat when you have to go outside. Wear a hat, scarf, mittens, water resistant coat and boots, and be sure to remove any wet clothing. Signs of hypothermia: Shivering, exhaustion, fumbling hands. Someone else might notice memory loss and slurred speech. Be sure to go to the emergency room if you notice any signs of hypothermia.

Prevent snow and ice falls- Wear shoes with good traction when you go outdoors to prevent falls, and to keep your feet warm! Bring a cane/walker with you, and ask for help when you need it.

Plan your outing- Check the weather forecast, and be sure that your destination will have plowed/shoveled walkways. Drivers: Be sure your gas tank is full and you park in a covered garage, if available.

Gather supplies- Check your emergency kit in case you lose power. Be sure to have three days worth of water (one gallon per person per day), canned/dried non-perishable food, a first aid kit, blankets etc. If you have oil heat, make sure your tank stays filled.

Questions?- Call the Health and Human Services Department at 617-796-1420. **Please note: other than the Flu Clinic, there will not be any Health Clinics in November or December.**

Health & Wellness Programs

Senior Citizen Property Tax Work-Off Program

The goal of this program is to provide the opportunity for eligible Newton seniors to reduce their tax obligation by working off a portion of their real estate taxes. Applications are available at the Assessors Office at Newton City Hall, the Senior Center at 345 Walnut Street in Newtonville or on-line at www.newtonma.gov/assessor/programs.asp Applications should be returned to: **Assessors Office**, Newton City Hall, 1000 Commonwealth Avenue, Room 109, Monday-Friday 8:30 a.m. to 5:00 p.m. or Tuesday evening until 8:00 p.m.

Fuel Assistance Program

The 2015/2016 fuel assistance program begins November 2nd, 2015. If you received fuel assistance last year, you are encouraged to recertify your household yourself. You will need to update your income verification, note changes in your household and send the information with the yellow recertification form to ABCD. Staff is here for recertification assistance by appointment only. Applicants must be income eligible and provide documentation of all household income. To schedule an appointment to fill out an application with a trained staff person, please **call Sandy Lopes at 617-796-1663.**

Adult Flu Vaccine Clinic

Wednesday, Nov. 4th, 2015 1:30 to 3:00 p.m.

Newton Senior Center

- Open to all Newton residents age 18 and up.
- Please bring all of your Medicare and health insurance cards with you.
- If you don't have health insurance, you can receive the vaccine for free.

The Importance of Vitamin D

Wednesday, December 9th, 11:45 a.m. -12:30 p.m. Come join Springwell's Meghan Ostrander, MS RD, during lunchtime, to learn more about Vitamin D and its role in disease prevention. Most of us in New England don't get enough, starting right about this time of year! **No registration is required for the talk;** if you would like to join us for lunch please call 617-796-1660 by 11 a.m. on November 9th to register. There is a suggested donation of \$2. Please specify if you would like hot or cold.

The Senior Citizens Fund of Newton
PO Box # 600488
Newtonville, MA 02460

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Newton Department of Senior Services

Phone 617-796-1660 Fax 617-969-9560

www.newtonseniors.org

Monday - Friday, 8:30 a.m. - 4:00 p.m.



Staff: 617-796-XXXX

Email: first initial last name@newtonma.gov

Jayne Colino, Director, 1671

Alice Bailey, Executive Administrator, 1664

Lucy Bedigian, Lunch Site Manager, 1668

Ken Doucette, Custodian, P.M.

John Flynn, Custodian, A.M.

Linda Johnson, Administrative Assistant, 1665

Emily Kuhl, Case Manager, 1672

Ilana Levine, Program Coordinator, 1670

Sandy Lopes, Case Manager, 166

Rachel Nenner-Payton, Dir. of Social Services, 1282

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Tom Shoemaker

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Mission

The mission of the Department of Senior Services is to optimize quality of life for older adults and those who support them through welcoming, respectful and meaningful opportunities that engage and value older people, and empower them to remain independent and to be important assets in our community.

Vision

To provide sustained leadership that helps Newton be a livable and age friendly community for all who choose to age here.

Statement of Welcome

The Newton Department of Senior Services welcomes the diversity of our senior community and strives to reflect our values of inclusion and mutual respect through supportive services, programs and advocacy.

The Newton Senior Center/Council on Aging is a program of the Department of Senior Services, with funding made possible by the Newton Community Development Block Grant Program (CDBG). The publication of Coming of Age is sponsored by the Executive Office of Elder Affairs and the Senior Citizen Fund of Newton, Inc.